

FOOD HOLDER

ABSTRACT OF THE DISCLOSURE

A food holder comprising a substantially symmetrical U-shaped body having a pair of opposite digit pockets for accepting fingers or a thumb of a user of the food holder therein and a food pocket located between the digit pockets. The digit pockets taper to accept the fingers or thumb placed therein and to frictionally connect the food holder to a hand of the user. An exterior surface of the digit pockets has elongated ridges to prevent cutting of the surface and into the interior of the pockets during use of the food holder. The food holder is used to hold food by placing the food within the food pocket and moving the digit pockets towards each other. The food holder is preferably used to hold food while the food is being cut.